NUTRITION SUPPORTING STRENGTH AND INDEPENDENCE

What Seniors and Caregivers Should Know

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AGENDA

ACTIVITY
CONTENT
TOOLS





WHAT IS MALNUTRITION?





CAUSES OF MALNUTRITION

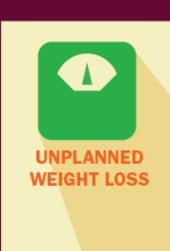
- Limited income
- Trouble swallowing/chewing
- Poor dental health
- Changing taste buds
- Living alone
- Medication side effects

- Poor appetite
- Restricted diets
- Lack of mobility
- Depression
- Dementia
- Gastrointestinal problems
- Chronic conditions



WARNING SIGNS

Are you or your loved one experiencing any of these?











If you or your loved one have any of these problems, ask about your nutrition! Nutrition is important to your recovery and has been shown to promote positive outcomes.

Ask if you can be evaluated by a registered dietitian or nutrition support clinician.



TOOLS

- •How Much Do I Need?
- Protein and You
- Protein on My Plate
- What's on Your Plate:
 Smart Food Choices
 for Healthy Aging



WHAT IS YOUR NEXT STEP?



IDEAS:

- Try the eating together meals program **SO I CAN EAT WITH OTHERS**
- Call map to see if i qualify for assistance so I CAN AFFORD TO EAT A WIDER VARIETY OF FOODS
- Attend a Living Well program to better MANAGE MY CHRONIC CONDITION
- Go to an exercise or falls prevention class to REDUCE MY RISK OF FALLING AND GAIN STRENGTH
- Add protein and fluid to each meal & snack to INCREASE MY ENERGY
- Read the "What's On Your Plate" book to LEARN TIPS TO EAT BETTER
- Schedule a nutrition counseling session TO LEARN MORE ABOUT MY FOOD AND HEALTH NEEDS



THANKYOU!



